

# USDA Food and Nutrition Summer Institute Newsletter

Summer 2005

Volume 6, Issue 4



## PHILANI PRIMARY HEALTH CARE UNITS

### *Highlight of the USDA Food and Nutrition Summer Institute*

#### Inside this Issue:

*Traveler's Information for South Africa* 2

*Summer Institute Agenda* 3

*Healthy Recipe* 4

An exciting part of the 2005 Summer Institute will be a visit to the Philani Nutrition and Development Project on Saturday, September 17, 2005 as part of our study tour. The Philani Nutrition and Development Project was established in the "illegal" squatter community of Crossroads in 1979 to provide basic child health and nutrition services to a community ignored and neglected by the health authorities of the apartheid era. It now operates in nine communities on the outskirts of Cape Town. If you would like to read more about the Philani Nutrition and Development Project, go to <http://www.philani.org.za/>.



"Perfection is achieved, not when there is nothing left to add, but when there is nothing left to take away."

- Antoine de Saint-Exupéry (1900-1944)

#### **Philani Operates:**

- Six, child health and nutrition rehabilitation centers in Crossroads, Brown's Farm, Site C, Site B, Town 2, and Mayibuya (Khayelitsha) on the outskirts of Cape Town.
- Philani Outreach— a home based child health and nutrition program operating nine informal settlements.
- Seven pre-schools— one at each Nutrition Rehab Center and one at the Philani Development Center, Site C.
- A Craft Center with income generating projects based on silk screen— printing, beadwork and weaving.
- Seven Skills (weaving and beadwork) training centers— one at each Nutrition Rehabilitation Center and one at the Development Center
- A HIV/AIDS education, care, and support program as an integral part of all Philani activities.

## Traveler's Information For South Africa

### TO STAY HEALTHY

- There are no required vaccinations for South Africa. However, check with your physician 4-6 weeks before travel. Based on your physician's recommendation, you may want to receive one of the recommended vaccines listed on the CDC Travelers' Health advisory ([www.cdc.gov](http://www.cdc.gov)).
- Wash Hands as needed with soap and water or carry instant sanitizers such as Wipes or Purell.
- Drink only bottled or boiled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself.
- Don't eat dairy products unless you know they have been pasteurized.
- Protect yourself from insects by remaining in well-screened areas and using repellants as needed. Long-sleeved clothing and long pants also may be worn from dusk through dawn. You may bring insect repellant or purchase upon arrival.
- Over-the-counter anti-diarrhea medicine to take, if you get diarrhea and any prescription medications.



### What You Need To Bring With You:

- Make sure you have a valid passport and valid driver's license or state issued Identification card. Make 2 copies of your passport identification page. Leave one copy at home. Carry the other with you in a safe, separate place from your passport.
- Tickets: Your tickets are not e-tickets. If you don't have your ticket you will not be allowed to be contacted in case of an emergency. Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.
- Copy of travel insurance. If you are required by your University to purchase travel insurance, please be sure to do so and bring a copy of your policy.
- Light comfortable clothing. Average temperature during September are usually at a high of 72, a low of 62, and average precipitation of 3 inches.
- Sun block, sunglasses, and a hat.
- Universal Grounded AC Power Adapter for supports the recharging of 110-120 to 220-240 volt electricity.

### Other Tips for Traveling Abroad

- Check out the US State Department websites for information on South Africa, [www.state.gov](http://www.state.gov) and [www.travel.state.gov](http://www.travel.state.gov).
- Do not leave your luggage unattended in public areas. Do not accept packages from strangers.
- To avoid being a target of crime, do not wear conspicuous or expensive clothing and jewelry. Do not carry excessive amounts of money or unnecessary credit cards. Do not carry a purse, instead carry a pouch that can be worn close and underneath your clothing.
- In order to avoid violating local laws, deal only with authorized agents when you exchange money or make purchases.
- Use common sense. Stay with your travel group. Venturing off alone may not be safe.
- If you get into trouble, contact the nearest U.S. embassy.



### Current Currency Exchange Rate:

<http://www.oanda.com/>

1 US Dollar=6.66750 South African Rand

1 South African Rand (ZAR)  
=0.24998 US Dollar

USDA Food and Nutrition Summer Institute 2005  
 "Improving the Nutrition Status of Children:  
 The Role of Multimedia Intervention and Education Strategies"  
**Agenda**



Meeting Objectives: The Food And Nutrition Summer Institute model includes 4 focus areas: nutrition education and outreach, nutrition intervention research, nutrition policy, and nutrition linkages to the community. The purpose of the Summer Institute 2005 will be to provide a forum for participants to:

- Enhance the growth and development of a competent, diverse body of food and nutrition students and professionals versed in the knowledge of international nutrition.
- Discuss the nutrition status of children in southern Africa and the United States.
- Examine and understand the value of appropriate population based approaches to improve the nutrition status of children.
- Explore the crosscutting programs of a 25 year old nutrition and development project which operates in 9 communities on the outskirts of Cape Town, South Africa.

**Wednesday, September 14**

10:30 a.m., depart Atlanta, GA for South Africa

**Thursday, September 15**

3:10 p.m., arrive Cape Town, South Africa, Holiday Inn– Waterfront

\*\*\*\* Dinner On Your Own

**Friday, September 16**

9:00 - 9:30	Welcome and Opening
9:30 - 10:00	<b>FNSI: Closing the Gap on the Digital Divide</b>
10:00 - 10:30	Break
10:30 - 11:30	<b>Goals for Healthy Children</b>
11:30 - 12:30	<b>Multimedia Child Intervention and Education</b>
12:30 - 1:15	Lunch
1:30 - 3:45	<b>Child Nutrition and the Environment</b>
3:45 - 4:30	<b>The difference in Strategies to Improve the Nutrition Status of Children in Africa and the U.S. -- A Closing Discussion</b>
6:30 - 8:00	<b>Dinner and Speaker</b>



**Saturday, September 17**

10:00 - 4:00      **Study Tour**

**Sunday, September 18**

9:00 a.m.          **Depart for Durban**

**Monday September 19-23**

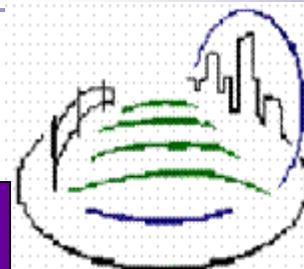
**International Congress of Nutrition**

**Saturday, September 24**

4:00                  **Depart for Atlanta**



## Barbeque Grilled Chicken Kabobs



The USDA FOOD AND NUTRITION SUMMER INSTITUTE

c/o Dr. Ellen Harris  
 USDA, ARS, BHNRC, CNRG  
 Bldg. 005, Rm.117  
 Beltsville, Maryland 20705  
 Telephone: (301) 504-0610

Visit us online @

<http://www.ba.ars.usda.gov/cnrg/research/fnsi>

Prep Time: 15 minutes

Total Time: 30 minutes

### INGREDIENTS

Nutrition (per serving)	
Calories	250
Total Fat	3.5g
Saturated Fat	1g
Cholesterol	65mg
Sodium	900mg
Carbohydrate	29g
Dietary Fiber	2g
Sugars	22g
Protein	27g
Vitamin A	6%DV
Vitamin C	35%DV
Calcium	4%DV
Iron	10%DV

1lb., boneless skinless chicken breasts, cut into 1-1/2- inch pieces

6 cups assorted cut-up vegetables (bell peppers, mushrooms, onions, zucchini)

1 cup barbeque sauce, divided in half

**PREHEAT:** Grill to medium heat. Arrange chicken and vegetables alternately on 8 skewers.

**GRILL:** Kabobs 10-15 minutes or until chicken is cooked through (170°F), turning after 8 min., and brushing frequently with 1/2 cup of barbeque sauce.

**SERVE:** Kabobs with the remaining 1/2 cup of barbeque sauce.

Source: Recipe Modified from [www.kraftfoods.com](http://www.kraftfoods.com)